

## USER INSTRUCTIONS

### Health o meter<sup>®</sup> Digital Scale

Model HDR900

#### Battery

1. Locate the battery cover on the back of the scale.
2. Remove the cover and insert 9-volt battery.
3. When "Lo" appears on the digital display, replace the 9-volt battery.

#### Scale Use

1. Place scale on a flat, level surface. A hard surface is best for maximum accuracy. Placing scale on a very soft, deep pile rug may affect the weighing accuracy.
2. Tap on center of scale. The figure "8" will move across the LED display for 3 seconds, before displaying zero. **Do not step on scale until LED displays "0"**.
3. Step on scale and position your feet in a manner that will distribute your weight evenly over the entire scale platform. Stand still while reading display.
4. A numeric value will appear on the LED while calculating your weight. Your weight will flash 5 times prior to "locking" into the LED display and will remain displayed for 5 seconds before turning off.

**NOTE:** It is normal for your weight to vary during a day and from one day to another. Slight changes in your weight are generally normal.

If "Err" displays, scale has exceeded the 300 lb. maximum weight load.

**If service is required, do not return to your retailer.**

For service, call Sunbeam Products, Inc. at 1-800-638-3722; 7:30 a.m. to 5:00 p.m. Central Standard Time, Monday through Friday

To assist us in serving you, please have the model number and date of purchase available.

**NOT LEGAL FOR TRADE**

Made to our exact specifications in China

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